

School Wellness Policy Action Plan

2022-2023 School Year

St. Croix Preparatory Academy

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline	Lead Person	Measurement	Who will be impacted?	Complete
Increase mental health services	-Seminar speaker coming April 20th -Waiting to hear if we get funding from grant for calming space	School year 22/23	Jessica, Shannon, Nicole	Attendance at seminar, student/parent feedback	Students, families, staff	Ongoing, mental health team was established. Seminar scheduled. Applied for grants
Students to have more access to nutrition education	-build nutrition into middle school health curriculum Communications from Marianne as to what is new, farm to school items	Spring 2023 and ongoing	Anna Tiffany, Lauren Moore	student/parent and staff feedback	students	Ongoing, initiated middle school health classes, plan to build out curriculum in future
Better communication on what is required for NSLP/SBP Farm to School/Harvest of the Month	Communication in Parent Update, pictures of what is offered, Farm to school/Harvest of the month communications in Parent update and to staff	Spring 2023 and 23/24 SY 22/23-23/24 SY	Marianne	Meal counts, feedback from students, staff, parents	Students, staff, families	Ongoing

<p>Discovery Trail included in curriculum/PE class or during recess</p> <p>Encourage staff to use trail for a walking break</p>	<p>Incorporate the use of the trail daily or weekly into classroom activities</p> <p>Encourage staff to use the trail for a 10 minute walking break or meeting</p>	<p>23/24 SY</p>	<p>PE teachers All staff</p>	<p>More kids are getting outside for fresh air. Usage of the trail</p> <p>Improved mental health for all</p>	<p>Staff, students, families</p>	<p>ongoing</p>
<p>Power UP</p>	<p>PowerUp is a community-wide health initiative inspiring kids and families to eat better, move more and feel good. We (HealthPartners) partner with schools, families, organizations and the entire community to create classes, events, activities, education and more. Together, we're focused on empowering kids to reach their full potential. https://www.powerup4kids.org/schoolchallenge</p>	<p>23/24 SY</p>	<p>Nurse's office LS staff Cafeteria staff</p> <p>NEED BUY IN FROM LS STAFF AND ADMIN</p>	<p>Students trying new fruit and veggies</p>	<p>Students, families</p>	<p>23/24 SY</p>
<p>Community Garden</p>	<p>Starting the garden behind the Aux box. Starting plants in the atrium by door 19. Once it's warm enough, we will plant outside and have students sign up for service hours to work the garden over summer</p>	<p>Starting 23 spring</p>	<p>Laura-Rita supporting</p>	<p>Students engaged in and learning about gardening</p>	<p>students/ families</p>	<p>Garden harvested by the fall- system set up to plant, manage and harvest for the next season</p>

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